

# Healthy Child Care



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## Week of the Young Child

*Children's Opportunities Are Our Responsibilities*  
April 18-24, 2004

The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with over 100,000 members and a network of nearly 450 local, state, and regional affiliates.

The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we—as citizens of a community, of a state, and of a nation—will better meet the needs of all young children and their families.



Today we know more than ever before about the importance of children's earliest years in shaping their learning and development. Yet, never before have the needs of young children and their families been more pressing.

The Week of the Young Child is a time to recognize that *children's opportunities are our responsibilities*, and to recommit ourselves to ensuring that each and every child experiences the type of early environment at

home, at child care, at school, and in the community—that will promote their early learning.

For more information about Week of the Young Child visit, [www.naeyc.org](http://www.naeyc.org).

### Inside This Issue

BCC Update	2
Consumer Product Safety Commission	3
Why Calcium Matters for Children	4
Partnering to Protect Children	6
T.E.A.C.H. Missouri	7
How Asthma-Friendly Is Your Child Care Setting?	8
Resources for Allergies and Asthma	9
ParentLink and Child Care	10-11
Upcoming Dates & Events	12

## Ask the Bureau

*This column is to address some of the frequently asked questions from child care providers, directors, and staff. If you would like to ask a question of the Bureau of Child Care to be considered for this column, please email Jo Anne Ralston at [ralstj@dhss.mo.gov](mailto:ralstj@dhss.mo.gov).*

The Bureau of Child Care continues the process to revise the rules for licensed and inspected child care facilities in Missouri. The proposed licensing rules for child care homes, group child care homes and child care centers, in addition to rules proposed for inspected facilities (those that are not required to be licensed but are required to be inspected for health and safety) are currently in legal review. The Bureau is also developing specific licensing rules for child care programs that provide child care programs that are licensed exclusively for school age children. The draft school age rules are being finalized before their legal review.

After the legal review, the rules will be filed with the Office of the Secretary of State. A 30 day public comment period will begin shortly after this.

All licensed child care providers, and those with applications on file, will receive a letter in advance of the 30 day public comment period. The letter will give the dates of the

public comment period and instructions for making comments during this period. The proposed rules will be posted on the Bureau of Child Care website at [www.dhss.state.mo.us/AbouttheDepartment/BofCC.html](http://www.dhss.state.mo.us/AbouttheDepartment/BofCC.html). The letter will instruct providers how to view and print the proposed rules. Individuals that do not have access to the web will be able to obtain a copy of the proposed rules by calling the bureau. A hard copy will be mailed to them.

In addition to alerting providers of the public comment period, the bureau will also inform other interested parties such as Educare, Project Reach, Resource and Referral

agencies, and others who have asked to be informed.

This publication provides topical information regarding young children who are cared for in child care settings. We encourage child care providers to make this publication available to parents of children in care or to provide them with the web address ([www.dhss.state.mo.us/HealthyChildCare/index.html](http://www.dhss.state.mo.us/HealthyChildCare/index.html)) so they can print their own copy.

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# Consumer Product Safety Commission

The U. S. Consumer Product Safety Commission (CPSC) is an independent federal regulatory agency that works to reduce the risk of injuries and deaths from consumer products. You can reach the CPSC through:

- ◆ The CPSC toll-free Hotline at (800) 638-2772 or (800) 638-8270 for the hearing and speech impaired.
- ◆ The CPSC web site address at <http://www.cpsc.gov>

## How to Obtain Recall Information

The U.S. CPSC issues approximately 300 product recalls each year, including



many products found in child care settings.

Many consumers do not know about the recalls and continue to use potentially unsafe products. As a result, used products may be loaned or given to a charity, relatives, or neighbors, or sold at garage sales or secondhand stores. You can help by not accepting, buying, lending, or selling recalled consumer products. You can contact the CPSC to find out whether

products have been recalled, and, if so, what you should do with them. If you have products that you wish to donate or sell and you have lost the original packaging, contact the CPSC for product information.

To receive CPSC's current recall information automatically by e-mail or fax or in a quarterly compilation of recalls sent by regular mail, call CPSC's Hotline and after the greeting, enter 140, then follow the instructions given.

Each issue of this newsletter will highlight a recalled product or a safety issue; however, it would be wise to check with the CPSC on a regular basis for more comprehensive information.

## CPSC, Swing-N-Slide Announce Recall of "Mega Rider" Swings

The U.S. Consumer Product Safety Commission announces the following recalls in voluntary cooperation with the firms listed below. Consumers should stop using recalled products immediately unless otherwise instructed. To access color photos of recalled products, go to the Commission's Web site at [www.cpsc.gov](http://www.cpsc.gov).

Name of product: Swing-N-Slide "Mega Rider" Swings      Units: 1,220

Distributor: Swing-N-Slide, of Janesville, Wis.

Hazard: The plastic handle on the Mega Rider swing could crack at the seat connection allowing the metal connecting rod to pull out. If this occurs, a child on the swing could fall to the ground.

Incidents/Injuries: There has been one report of a swing breaking. No injuries have been reported.

Description: The recalled backyard playground "Mega Rider" swing can be used by one or two children. The blue-colored plastic "Mega Rider" is suspended from a crossbeam by four plastic-coated chains. Children sitting back-to-back push in different directions to make the swing move back and forth. Printed on the handle below the seat connection in raised lettering are the words, "Swing-N-Slide, 1212 Barberry Drive, Janesville, WI, Made in U.S.A., 1-800-888-1232, THIS PRODUCT IS INTENDED FOR USE BY CHILDREN FROM THE AGES OF 2 TO 10 YEARS. READ INSTRUCTIONS PRIOR TO USE."

Sold at: Lowe's and Home Depot stores by special order and through Ace, DIBC, TruServ, Handy Hardware, Emery Warehouse, and Federated co-ops and buying groups nationwide from March 2003 through October 2003 for about \$90. Manufactured in: USA.

Remedy: Consumers should stop using the "Mega Riders" immediately and return them to the company for a replacement product with increased material thickness. Swing-N-Slide will provide consumers with a self-addressed box to return the product.

Consumer Contact: Consumers should contact Swing-N-Slide at (800) 888-1232 between 9 a.m. and 5 p.m. ET Monday through Friday, visit the company's Web site at [www.swing-n-slide.com](http://www.swing-n-slide.com), or write to Mega Rider Recall, Swing-N-Slide, 1212 Barberry Drive, Janesville, WI 53545.

# Why Calcium Matters for Children

As a child care provider, you play a significant role in the health and well being of young children. Good nutrition is important for good health and can help protect against diseases that occur later in life. Calcium is one of the most important minerals consumed by toddlers and school-age children. Adequate calcium intake during childhood helps make bones and teeth strong and healthy. It also helps to reduce the risk of bone fracture due to osteoporosis, a condition when bones become fragile and can break easily. Osteoporosis develops in later adulthood, but once a child becomes an adult, calcium levels begin declining. Our bodies rely

upon the calcium stores from childhood to maintain bone strength.

According to the Food Guide Pyramid, children ages four to eight should consume about two to three servings of low-fat milk or dairy products daily. Teenagers require at least three servings per day. One eight-ounce glass of milk will provide 300 mg of calcium. Providing plenty of low-fat calcium rich foods will ensure that your children are meeting the daily requirements for calcium. Infants under one year old should drink only breast milk or iron-fortified formula. Children ages one to two should drink whole milk rather than reduced fat because

some fats are necessary for their early growth and development. After age two, parents and child care providers can gradually transition children to low-fat or fat-free milk.

Calcium is found primarily in milk and other dairy products. Other sources include green leafy vegetables, enriched grains, dried beans, and fortified orange juice. Milk and dairy products contain the largest amounts of calcium plus other nutrients like protein, vitamin A, vitamin D, riboflavin, potassium, magnesium, and B-12. By following the appropriate recommendations for daily calcium intake and providing nutritious meals, you will benefit the children in your care for a lifetime.

## Recommended Amount of Calcium by Age (milligrams)

1-3 years	500 mg
4-8 years	800 mg
9-18 years	1,300 mg

## Tips to Increase Calcium Intake

- ✓ Pour low-fat or fat free milk over cereal.
- ✓ Have a glass of milk instead of soda.
- ✓ Try flavored milk like chocolate or strawberry.
- ✓ Dip fruits and veggies into yogurt.
- ✓ Have a frozen yogurt.
- ✓ Make mini pizzas or macaroni & cheese.
- ✓ Top salads, soups and stews with low-fat shredded cheese.
- ✓ Make a salad with dark green, leafy vegetables.
- ✓ Serve broccoli as a side dish.



Article provided by:  
Barbara Raymond, Department of  
Health and Senior Services  
573-751-6269



# Partnering to Protect Children

*Integrated Approaches for Families,  
Communities & Organizations  
Training Institutes*

## **Menu Magic - Menu Planning for Child Care**

Are you tired of serving the same old foods? Do you want to add some variety to your child care menus and make sure you are providing good quality, nutritious meals and snacks? You are invited to attend a training program entitled ***Menu Magic - Menu Planning for Child Care.*** This program will go beyond the basic meal requirements of the Child and Adult Care Food Program. There will be a special emphasis on foods related to different cultures.

**Menu Magic**  
**Tuesday, April 27, 2004**  
**Time: 12:00 p.m.–4:00 p.m.**

***Training Locations :***  
*Missouri Department of  
Health and Senior Services  
District Health Offices  
St. Louis, Poplar Bluff,  
Springfield, Kansas City,  
and Jefferson City*  
***Via Videoconference***

Please register by calling  
800-733-6251.

There is no charge for this  
program.

**Save the Dates!!!**

Tuesday, **June 8**  
Wednesday, **August 4**  
Thursday, **November 4**

**8:45 a.m. - 4:00 p.m.**

**12 Sites Throughout Missouri  
Via Interactive Video**

*Kirksville, Mexico, Park Hills,  
Portageville, Nevada, Poplar Bluff,  
Jefferson City, Springfield, St. Louis,  
Salem, Maryville, and Kansas City*

**National Speakers on  
Child Abuse/Neglect  
Prevention and Treatment**

\$35.00 Per Session  
Pre-registraion and Pre-payment  
Required  
(NO on-site Registration)

**Continuing Education Credits  
Available**

FOR MORE INFORMATION  
GO TO [www.pcamo.org](http://www.pcamo.org)

## **Partners**

*The Task Force on Children's  
Justice  
Prevent Child Abuse Missouri  
Missouri Department of Social  
Services, Children's Division  
Children's Trust Fund  
Missouri National Education  
Association  
University of Missouri Extension  
Missouri Association for  
Community Action  
Missouri Department of Mental  
Health  
Missouri Alliance for Children and  
Families*

## **CACFP Training Schedule**

*Orientation training for the  
Child and Adult Care Food  
Program for child care  
centers\* is held in the five  
district offices located  
throughout the state on the  
following dates:*

*April 13, 2004  
May 20, 2004  
June 1, 2004  
July 13, 2004*

*\*Shelter and after-school  
training held separately.*

# What is Child Abuse Prevention?

The goal of child abuse prevention is simple—to stop child abuse and neglect from happening in the first place, sparing children and families emotional and physical trauma and decreasing the need for costly intervention and treatment services.

The best way to prevent child abuse and neglect is to support families and provide parents with the skills and resources they need.

## **Why Does Child Abuse Occur?**

Although all the causes of child abuse and neglect are not known, a significant body of research has identified several risk factors and protective factors associated with child abuse. Studies also have shown that when there are multiple risk factors present, the risk is greater. For example, lack of preparation or knowledge of critical issues surrounding parenting, financial or other environmental stressors, difficulty in relationships, stress of single parenting, and depression or other mental health problems can all lead to abusive or neglectful behavior.

Parents may lack an understanding of their children's developmental stages and hold unreasonable expectations for their abilities. They also may be unaware of alternatives to corporal punishment or how to discipline their children most effectively at each age. Parents also may lack knowledge of the health,

hygiene, and nutritional needs of their children.

These circumstances, combined with the inherent challenges of raising children, can result in otherwise well-intentioned parents causing their children harm or neglecting their needs.

## **How Is Child Abuse Prevented?**

Prevention efforts build on family strengths. Through prevention activities such as parent education, home visitation, and parent support groups, many families are able to find the support they need to stay together and care for their children in their homes and communities. Prevention efforts help parents develop their parenting skills, understand the benefits of nonviolent discipline techniques, and understand and meet their child's emotional, physical, and developmental needs. Prevention programs also can help parents identify other needs they may have and offer assistance in getting that additional support.

Child Abuse Prevention Month (April) is an opportunity to highlight the role we all can play to support parents and families. This month-- and throughout the year as we consider child abuse prevention—our attention is best focused on prevention efforts that create healthier environments for children and foster confident, positive parenting.

For more information, contact the [National Clearinghouse on Child Abuse and Neglect Information](http://nccanch.acf.hhs.gov), 800-394-3366, or <http://nccanch.acf.hhs.gov>

## **Provider Appreciation Day Friday, May 7, 2004**

Child care organizations nationwide have joined together to declare Friday, May 7, 2004 to be Provider Appreciation Day.

National efforts are underway to ask child care organizations, public officials and parents to honor their child care providers for their hard work and dedication to our children. Events such as luncheons, parades, dedications, and other celebrations are planned.

It is estimated that of the 21 million children under age 6 in America, 13 million are in child care at least part time. An additional 24 million school-age children are in some form of child care outside of school time.

By calling attention to the importance of high quality childcare services for all children and families, these groups hope to improve the quality and availability of such services.

# T.E.A.C.H. Missouri

Based on the belief that **Teacher Education And Compensation Helps**, T.E.A.C.H. MISSOURI is one of 20 states in a nationwide movement to increase quality child care and education. Working with teachers, directors, assistants, and owners of licensed early childhood facilities, T.E.A.C.H. MISSOURI is a comprehensive scholarship program. In the state for three years, T.E.A.C.H. MISSOURI seeks to increase scholarship, education, compensation, and retention in the field of early childhood.

Licensed through the Missouri Child Care Resource and Referral Network, the scholarship is currently active in 26 counties: Buchanan, Linn, Randolph, Marion, Clay, Jackson, Laclede, Pettis, Boone, Cole, St. Louis City, St. Louis County, St. Charles, Jasper, Lawrence, Greene, Douglas, Webster, Wright, Ste. Genevieve, St. Francois, Stoddard, Dunklin, Cape Girardeau, Mississippi, and Scott. T.E.A.C.H. MISSOURI also works with nine community colleges (Jefferson, Mineral Area, Moberly Area, Ozark Technical, Penn Valley, St. Charles, St. Louis, State Fair, and Three Rivers) and six colleges and universities (Central Missouri State, Lincoln, Missouri Southern,

Missouri Western, Southeast Missouri State, and Southwest Missouri State).

T.E.A.C.H. is serving 102 recipients through eight separate funding lines throughout Missouri. We are currently working with eight group homes, 25 family child care homes, and 38 centers. In total, T.E.A.C.H. MISSOURI has served 215 recipients since 2000. We have sponsored more than 2,270 college credit hours and over 195 compensation bonuses. Our scholarship rate of turnover within the project is 18% with 82% of all recipients staying in service to children and their families for at least two consecutive years. This means that of the 215 recipients who have gone through the scholarship, 176 have successfully completed their contractual agreement while increasing the quality of care and education to the children they serve.

At this time, recipients work toward Associates and Associate of Applied Science Degrees or Child Development Associate Credentials (CDA's) for college credit. To be eligible for T.E.A.C.H. MISSOURI, you need to be a teacher, director, owner, or assistant in a licensed child care center, family child care, or group home; age 18 or older; work at least 30 hours a week; work in a facility in a county with current funding; and make less than \$14.50/hour as a teacher or under \$16/hour as a director/owner.

If you would like more information about the T.E.A.C.H. MISSOURI scholarship or to find out about funding in your county, please contact Beth Ann Lang at 314-535-2020, ext. 4, 800-200-9017, x 4 or [moteach@mocccrn.org](mailto:moteach@mocccrn.org).



# How Asthma-Friendly Is Your Child Care Setting?

Children with asthma need proper support in child care settings to keep their asthma under control and be fully active. Use the questions below to find out how well your child care setting assists children with asthma.

- ☐ Yes   ☐ No   1. Is the child care setting free of tobacco smoke at all times?
- ☐ Yes   ☐ No   2. Is there good ventilation in the child care setting? Are allergens and irritants that can make asthma worse reduced or eliminated? Check if any of the following are present:
- ☐ Cockroaches
  - ☐ Dust mites (commonly found in humid climates in pillow, carpets, upholstery, and stuffed toys)
  - ☐ Mold
  - ☐ Pets with fur or feathers
  - ☐ Strong odors or fumes from art and craft supplies, pesticides, paint, perfumes, air fresheners, and cleaning chemicals
- ☐ Yes   ☐ No   3. Is there a medical or nursing consultant available to help child care staff write policy and guidelines for managing medications in the child care setting, reducing allergens and irritants, promoting safe physical activities, and planning field trips for students with asthma?
- ☐ Yes   ☐ No   4. Are child care staff prepared to give medications as prescribed by each child's physician and authorized by each child's parent? Is there someone available to supervise children while taking asthma medicines and monitor correct inhaler use?
- ☐ Yes   ☐ No   5. Is there a written, individualized emergency plan for each child in case of severe asthma episode (attack)? Does the plan make clear what action to take? Whom to call? When to call?
- ☐ Yes   ☐ No   6. Does a nurse, respiratory therapist, or other knowledgeable person teach child care staff about asthma, asthma management plans, reducing allergens and irritants, and asthma medicines? Does someone teach all the children about asthma and how to help a classmate who has it?
- ☐ Yes   ☐ No   7. Does the child care provider help children with asthma participate safely in physical activities? For example, are children encouraged to be active? Can children be given their medication before exercise? Are there modified or alternative activities when medically necessary?

If the answer to any question is "no," children in your child care setting may be facing obstacles to controlling their asthma. Uncontrolled asthma can hinder a child's attendance, participation, and progress in school. Child care staff, health professionals, and parents can work together to remove obstacles and promote children's health and development.



Contact the organizations listed for information about asthma and helpful ideas for making policies and practices more asthma-friendly.

## Resources for Parents and Child Care Staff

### **National Asthma Education and Prevention Program**

Telephone: 301-592-8573

Internet: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

Materials include:

- Managing Asthma: A Guide for Schools
- Asthma Awareness Curriculum for the Elementary Classroom
- Asthma and Physical Activity in the School
- Making a Difference: Asthma Management in the School (video)

### **Allergy and Asthma Network/ Mothers of Asthmatics, Inc.**

Telephone: 800-878-4403 or 703-641-9595

Internet: [www.aanma.org](http://www.aanma.org)

Materials include:

- Breathing Easy with Child Care (booklet)
- School Information Package

### **American Academy of Allergy, Asthma and Immunology**

Telephone: 800-822-ASMA or 414-272-6071

Internet: [www.aaaai.org](http://www.aaaai.org)

American Academy of Pediatrics

Telephone: 800-433-9016 or 847-228-5005

Internet: [www.aap.org](http://www.aap.org)

Materials include:

- Caring for Our Children: Health and Safety Guidelines for Child Care (book)

### **American Association for Respiratory Care**

Telephone: 972-243-2272

Internet: [www.aarc.org](http://www.aarc.org)

### **American College of Allergy, Asthma, and Immunology**

Telephone: 800-842-7777 or 847-427-1200

Internet:

[www.allergy.mcg.edu](http://www.allergy.mcg.edu)

### **American Lung Association**

Telephone: 800-LUNG-USA

Internet: [www.lungusa.org](http://www.lungusa.org)

Materials include:

- A is for Asthma (Sesame Street video)

### **Asthma and Allergy Foundation of America**

Telephone: 800-7-ASTHMA or 202-466-7643

Internet: [www.aafa.org](http://www.aafa.org)

Materials include:

- Asthma and Allergy Essentials for Child Care Providers (training program)

### **Healthy Kids: The Key to Basics Educational Planning for Students with Asthma**

### **and Other Chronic Health Conditions**

Telephone: 617-965-9637

E-mail: [erg\\_hk@juno.com](mailto:erg_hk@juno.com)

Materials include:

- Including Children with Chronic Health Conditions: Nebulizers in the Classroom

### **National Institute of Allergy and Infectious Diseases Office of Communications and Public Liaison**

Telephone: 301-402-1663

Internet: [www.niaid.nih.gov](http://www.niaid.nih.gov)

### **U.S. Department of Education**

#### **Office for Civil Rights, Customer Service Team**

Telephone: 800-421-3481 or 202-205-5413

Internet: [www.ed.gov/offices/OCR](http://www.ed.gov/offices/OCR)

### **U.S. Environmental Protection Agency Indoor Environments Division**

Telephone: 202-233-9370

Indoor Air Quality Information Clearinghouse

Telephone: 800-438-4318

Internet: [www.epa.gov/iaq](http://www.epa.gov/iaq)

This information has been made available from the National Heart, Lung, and Blood Institute  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

# ParentLink and Child Care ...

## Working Together for Children and Families

*ParentLink is a support program for parents administered by 4-H Youth Development Programs, University of Missouri. At ParentLink, we answer all kinds of questions. You can ask us anything. Your questions are as unique as your children!*

When you think of ParentLink, as the name suggests, you may assume that this is a service for parents. Do you know how ParentLink supports parents? Did you know that ParentLink can assist you in your work with children and families? This article will outline some of the services that ParentLink offers to parents (at no cost to them) and will describe ways that child care professionals can use ParentLink.

The main services that ParentLink offers that might be helpful to child care providers include the following:

When parents or professionals working with parents contact the toll free WarmLine or e-mail a request from the website, response from ParentLink staff depends upon the requester's need. These calls are confidential to the extent limited by the law. ParentLink staff members are mandated child abuse and neglect reporters. Typical responses may include listening as a caller works through and finds solutions to his/her problem. At other times, WarmLine professionals provide research-based feedback, and/or send print materials on

the topic. ParentLink has produced topic related materials and has access to other materials that can be mailed and kept by the user. Also, a lending library with books, videos, and other materials that can be checked out is available at ParentLink. Sometimes, when the caller's request may be beyond ParentLink's staff expertise, it is necessary to make a referral or have a caller contact another more appropriate and helpful source. ParentLink provides appropriate referral places and contact information.

### ParentLink Services

#### **WarmLine (problem solving, support, & information)**

800-552-8522

573-882-7321 from Columbia

800-735-2966 Relay Missouri for deaf or hard of hearing

**Website:** [www.outreach.missouri.edu/parentlink](http://www.outreach.missouri.edu/parentlink)

**Lending Library**      Various materials available

**Print Materials**      \*Topic related  
                                  \*Research based  
                                  \*Parenting Questions flyers  
                                  (to give to parents or others)

**Referrals**              Help identifying & locating local services

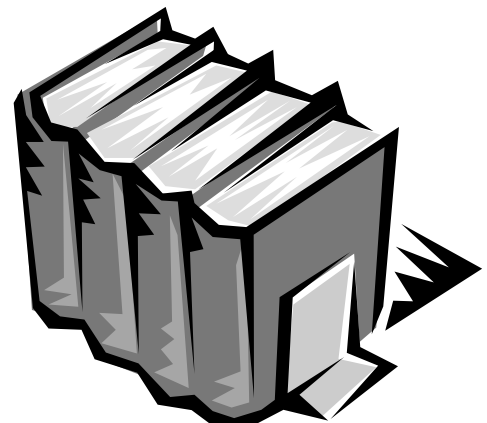
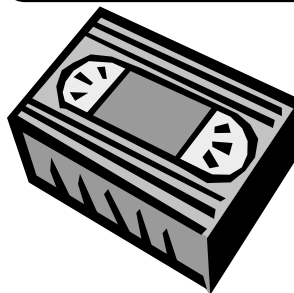
Sometimes, as parents and educators go through challenging childhood issues, it is helpful to have research-based materials in an easy to read format. ParentLink can furnish these to assist parents and child care providers find solutions that may work.

It is ParentLink's hope that this article helps you understand our services and share information with parents about ParentLink services. If you have questions, feel free to contact ParentLink at 800-552-8522. If you are calling from Columbia, dial 573-882-7321. Callers may identify themselves or may choose to remain anonymous.

Early childhood educators and caregivers are an important link to the goal of supporting and providing information to benefit parents and children. Feel free to connect with ParentLink. ParentLink is administered by 4-H Youth Development Programs, University of Missouri-Columbia, an equal opportunity ADA institution.

**Child care professionals can utilize ParentLink in several ways:**

- 1) Provide ParentLink information to parents so parents can access services. ParentLink can furnish materials with contact information to distribute to parents.
- 2) When you have a concern about a child or children in your care, feel free to contact ParentLink. ParentLink staff can discuss the concern and provide information and/or resources that may be helpful to you as you work with the child and family. You do not need to give identifying information to protect confidentiality.
- 3) We can send you print materials on certain topics can be sent to you at your request for your own use or to share with parents. The ParentLink Question and Answer series includes the following topics: Aggression; Bedtime & Naptime; Biting; Child Care; Children's Chores; Communicating with Children; Goodbyes; Building Self Esteem; Language Development; Natural & Logical Consequences; Physical Development Infancy through Preschool; Positive Discipline; Positive Time Out; Separation Anxiety; and Toilet Training.



# Upcoming Dates & Events

## April

### National Child Abuse Prevention Month

The goal is to raise public awareness about child abuse prevention and encourage local activities and events throughout the United States. More information is available online at [www.preventchildabuse.org](http://www.preventchildabuse.org) or 312-663-3520.

## May

### National Physical Fitness and Sports Month

This event encourages individuals and organizations to promote local fitness activities and sports programs. More information is available online at [www.fitness.gov/getmovingamerica.html](http://www.fitness.gov/getmovingamerica.html) or 202-690-9000.

**May 1-8: National Safe Kids Week** Information available online [www.safekids.org](http://www.safekids.org) or 202-662-0600.

## June

### National Safety Month

More information is available online at [www.nsc.org/nsm/index.cfm](http://www.nsc.org/nsm/index.cfm) or 800-621-7615.

### Fireworks Eye Safety Month

Fireworks send more than 11,000 people to emergency department each year. More information is available online at [www.aaof.org/aaof/patients/eyemd/fireworks.cfm](http://www.aaof.org/aaof/patients/eyemd/fireworks.cfm) or 415-561-8500.

Alternate forms of this publication for persons with disabilities may be obtained by contacting the Missouri Department of Health and Senior Services, Bureau of Child Care, P.O. Box 570, Jefferson City, MO., 65102, 573-751-2450. EEO/AAP services provided on a nondiscriminatory basis.



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